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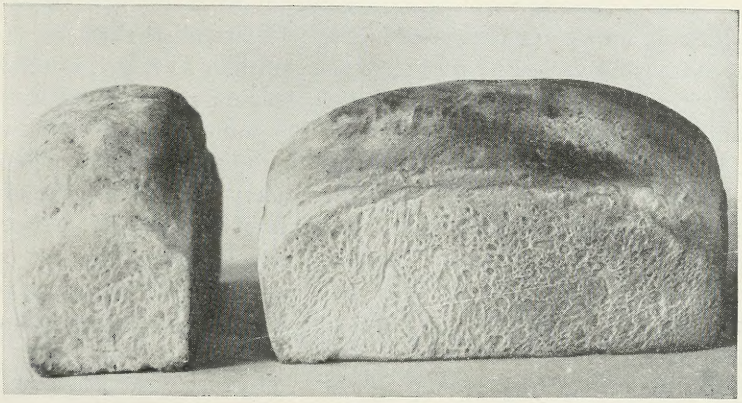
BREAD



The Bread loaf, in an unobtrusive place,
Displays its cheerful, honest featured face;
A coin of triumph, from the mintage struck,
Of chemistry, skill, faithfulness, and luck.
—Will Carlton

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COLUMBUS

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BREAD

The fact that bread is one of the most important food products is universally recognized but the fact that the standard for the quality of this product is frequently not high is perhaps not so freely acknowledged. Statistics seem to show that 50% of the bread made in this country is made at home, so the housewife must be held largely responsible for the quality of bread produced. Since she is also the buyer of food products, her standards are reflected in the commercial products on the market. The manufacturer who wishes to improve the quality of his product finds that he must study the materials he employs and the conditions under which they are used. The breadmaker who feels the responsibility of developing a first class product for the use of her family must also study materials and conditions.

Bread, in some form, has been known from earliest times and has been an important part of the diet. The product that we know as bread has developed by a process of evolution, so that it is very different from the early forms. At first, a coarse flour was prepared by grinding the grain between stones, and this mixed with a little water was baked on a flat stone. This hard, tough cake, known as unleavened bread, was not very palatable when compared with light bread, which came later and probably as the result of an accident. A portion of the flour and water mixture, having been left standing for some time in a warm place, became filled with bubbles and the cake when baked was filled with pores. That the bubbles in the dough were caused by the growth and reproduction of a certain tiny plant, too small to be seen with the naked eye, was, of course, not known for a long time, but it was learned that if a part of the dough that had become light were saved till the next time of baking and added to the new mixture, it would rise in less time. The portion reserved was known as leaven and the lighter loaf which resulted from its action was called leavened bread.

INGREDIENTS USED IN MAKING BREAD

The materials used to produce a loaf of bread are few and, if the essential points regarding the materials and the process are kept in mind, the result should be satisfactory. Familiarity with the kind of flour, yeast, etc., and with the room and oven to be used, together with practise, should make the results quite certain.

The essential ingredients for making the light loaf are flour, liquid, and yeast. Others added mainly for flavor and to improve the texture are salt, sugar, and shortening. Before the methods of bread-making are discussed, a short description of the different ingredients will be given.

Flour is obtained by grinding the grain or seed of cereal plants. Different cereals have been used but those which make flour best adapted to bread-making are wheat and rye. The superiority of wheat for making bread is due partly to its flavor, but largely to the fact that it contains gluten. This is a material in the flour that combines with water, yielding a sticky elastic substance that makes possible the formation of dough. The gummy mass left in the mouth after chewing wheat grains is gluten. It may be separated from the flour by washing a ball of stiff dough in water until the starch disappears and the water is clear. It is yellowish in color, sticky and elastic. If baked, the mass will swell (due to the air and steam enclosed) to two or three times its original size, and then harden. In baking a loaf of bread the same process is repeated, the gluten forming a framework which enables the loaf to keep its shape and retain its lightness.

Gluten belongs to the group of nutrients known as protein, the same group to which white of egg, casein of milk and lean meat belong. Rye contains glutenous material so that a fairly attractive loaf may be made from it, and it is largely used in Europe in place of wheat. Other cereals contain protein but they do not have the same characteristics so we do not use them for bread-making in the same way, e. g., corn meal may be made into a flat cake but not into a loaf.

STRUCTURE OF WHEAT GRAIN

The bran or outer coat of the wheat grain is mostly cellulose or woody fibre, which is practically indigestible. On chemical analysis it shows considerable protein and mineral matter. The latter is easily extracted and it is probable that the laxative properties of bran are largely due to its mineral content. The protein is so combined with the woody fibre that probably very little is available for body use.

The germ which is found at the end of the wheat grain contains, besides some starch and protein, an oil or fat, stored there for the nourishment of the young plant. If the germ is ground up, the oil is apt to become rancid and impair the flavor of the flour. For this reason it is usually separated in the process of milling and sold as middlings, or sterilized and used as breakfast food.

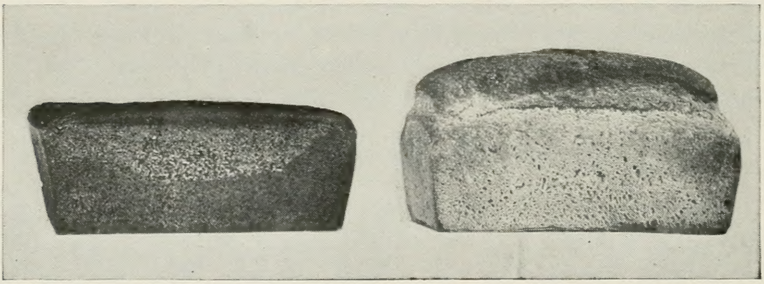
The center of the wheat grain, under the bran coat, is made up of starch and protein cells. There seems to be a greater amount of protein just under the bran than in the interior of the grain, as is shown by the fact that the first flour that is taken off after removing the bran is higher in protein content than that which comes from the center of the grain. Consequently, it is necessary to blend the different boltings so as to get a flour of even quality.

FLOUR

Different varieties of wheat, when ground, yield flours having different qualities. Some varieties produce "strong flour"; that is, one which has a good quality of gluten; and others yield a "weak flour", which needs to be blended in order to give good results in breadmaking.

Bakers insist upon a "strong flour" because it absorbs more water and so yields a heavier loaf, that is, from a given quantity of a "strong flour" they obtain more bread than from the same quantity of "weak flour". Miss Bevier states that the yield varies from 1.25 to 1.65 lbs. of bread from 1 lb. of flour. From an economic standpoint, of course, this is an important point.

In the modern mill where the reduction process is used, after the grain is cleaned, it is sent through different sets of steel rollers, each pair of which are set closer together than the preceding pair, so that the grain is crushed finer and finer, till at last it is powdered. After the bran is taken off, being sifted out after each "reduction" until completely removed, the crushed grain is passed over bolting cloth, between the sets of rollers, and the flour bolted out. Then the different boltings are blended, as mentioned above, since the flour of the different boltings has different compositions relative to the amount of protein. The blending is very accurately done in large mills in accordance with the tests of the chemist. The blending of varieties is also done according to chemical and baking tests. The chemist ana-



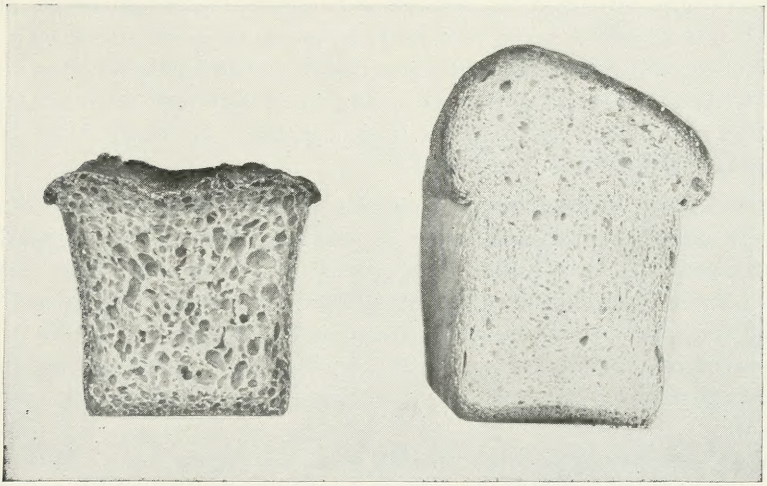
1 2

Graham Bread. The difference between loaves 1 and 2 results from using Graham flour alone in No. 1 and mixing it with white flour No. 2

lyzes each variety of flour, and bread is baked from each. From consideration of these results, it is possible to blend flours quite satisfactorily.

Flour made from new wheat often contains an excess of moisture and should be kept in a clean, dry place to ripen. In using sticky, unripened flour to make bread, there is often a tendency to use too much in proportion to the liquid.

Graham Flour.—Graham flour is made by grinding the whole grain. Just after its introduction, Graham bread was quite widely used because it was thought to contain more nourishment than white bread. But while it may show a higher amount of nutrients by chemical analysis, the additional fats and proteins are so mixed with the indigestible, woody material that they cannot be used in the human digestive system and its actual food value is now known to be lower than that of white bread, and it is used for variety or because of its laxative qualities. Its laxative action is probably due in part to the mechanical irritation of the intestinal wall by the bran particles and also, as has been said, to the stimulating effect of the mineral salts in the bran. The cheaper grades of Graham flour are often made by mixing an inferior grade of flour with bran.



1 2

Cross section of loaves of entire wheat bread showing how texture may be improved by using part white flour —No 2 containing equal amounts of white and entire wheat flours.

Entire Wheat Flour.—Entire wheat flour is not made by grinding the whole wheat grain as the name might indicate; part of the bran coats are removed. It is usually more finely ground than Graham flour.

White Flour.—The color of flour is usually slightly creamy or yellow. Some varieties of wheat make whiter flour than others. Spring wheat flour is usually a deeper cream than winter wheat flour. Quality rather than quantity, however, is desired in testing the gluten for bread-making flour. A flour of grayish color is not desirable, indicating that the flour is probably not new and contains a large portion of starch. Whiteness may indicate a bleached flour.

Winter Wheat Flour.—Winter wheat flour is made from wheat sown in fall and reaped the following summer. It is a soft wheat and yields a flour which varies in color from cream to white, is velvety to the touch, and will cake slightly if squeezed in the hand. It often does not analyze as high in protein as spring wheat flour and is usually considered not so well adapted for bread-making. In many cases this opinion is not fairly given.

Spring Wheat Flour. — Spring wheat flour is made from wheat sown and reaped in the same season. This wheat is harder than winter wheat and yields a flour which has a deeper cream color and is more granular. Spring wheat flour is drier than winter wheat flour and takes up more liquid, consequently less flour is required in proportion to the liquid to make a loaf. Spring or hard wheat flours yield a good grade of gluten, and usually produce bread of a sweet, nutty flavor.

LIQUID

A choice may be made between several liquids. The different ones used are water, milk, milk and water, potato water, and butter-milk. In using milk, butter-milk, or potato water, some nutrient is being added to the bread. Milk bread has a flavor and texture which is a little different from water bread. Some have the idea that bread in which potato water is used will keep moist longer than other breads, and, while this is true to some extent, the moistness of the bread depends more upon the proportion of flour and liquid used and the care taken in testing the oven and in baking the bread the right length of time, than it does upon the kind of liquid. In adding potato water we are adding starch, the kind upon which yeast grows best.

YEAST

Next in importance to having a good quality of flour is to have a good culture of yeast.

The yeast plant is a single-celled, colorless plant, so small that it requires a strong microscope to make it visible. We are familiar with large numbers of them massed together in yeast cake, or on top of liquid yeast as foam, but not with the single plant. Yeast is an oval cell, very simple in structure, appearing to be a small sac filled with clear liquid. Being without the green coloring matter which is present in many plants, it is capable of growing in darkness as well as in sunlight.

These plants are found in the air, many of them existing in orchards and in grape vines. There are different varieties of yeasts, just as there are of many other plants, some of them being adapted to different purposes. Only one or two varieties have been found to be suitable for bread-making. The other varieties are commonly called wild yeasts, and those which are kept for special uses are called cultivated yeasts.

If the yeast plant is given proper conditions for growth, it will reproduce and form new plants.

FOOD REQUIRED BY THE YEAST PLANT

The yeast plant requires sugar for food. The growth of the plant on sugar produces a change called fermentation, breaking the sugar down into two new substances, alcohol and carbon-dioxide. The housewife is familiar with this action in canned fruit. Occasionally, a jar of fruit will spoil or "work". It becomes filled with bubbles and has a sharp flavor. The yeasts which cause fermentation of cider are usually wild yeasts from the air, unless in large factories where special varieties are added.

Too much sugar, however, will prevent the growth of the yeast plants, as is seen in the case of preserved fruit, the amount of sugar being too great and the yeast plant therefore unable to grow.

MOISTURE

Moisture is necessary for the growth of this plant as well as of any other. There is no growth in the dried yeast cake because moisture is absent.

In making bread, the gas that is produced by the yeast plant is the substance desired to make the bread light. The fermentation process is stopped by baking the bread; the yeast plant is killed, and the alcohol and gas are driven off.

In some methods of bread-making, sugar is used to start the growth of the yeast, but it is not necessary except to hasten the process, for the plant is able to get sugar from the flour. There is a ferment which, when the flour is moistened, is capable of changing some of the starch into sugar.

A certain amount of gas is necessary to make a given amount of dough light. The length of time that is required to get this result will depend upon the amount of yeast that is put in at the beginning of the process, and upon the temperature of the mixture. If we begin with a large amount of yeast in good growing condition, less time will be required in making the loaf light than if we begin with a small amount of yeast and wait for the few plants to grow and reproduce until enough are present to give the required amount of gas.

Other invisible plants, such as molds and bacteria, grow under conditions similar to those under which the yeast plant flourishes. If the bread is kept on hand for a very long time, we are apt to find these other plants growing in it and producing undesirable flavors. The flavor of the bread should be the sweet, nutty flavor of the flour. If the pure culture of the right variety of yeast is used in bread, no yeasty flavor results. Sour bread is caused by allowing the process of fermentation to go on too long before checking it by baking.

The form of yeast does not matter as much as the variety and condition of the plant. Equal results may be obtained by using dry, liquid, or compressed yeast, if in good condition. The amount of yeast used depends entirely upon the time allowed for the making of the bread. The yeast plant grows very rapidly under the right conditions and if we put a very small piece of a yeast cake where it can have warmth, moisture and food, the yeast will multiply so rapidly that we can leaven a very large quantity of dough. This is practically what we do when we make sponge the night before we make the bread. If the bread is to be made during a two-hour school period, as much as two cakes to the loaf may be used. In the ordinary household process, such an amount would be unnecessary and extravagant except under unusual circumstances.

Dry Yeast.—In this form the plant is kept in a dried state. The yeast is mixed with cornmeal, pressed into cakes, and the moisture dried out. There is no growth when the plant is kept in this state. After a time the plants in a dried cake will gradually die out and it is best to test it to see if the yeast is in good condition, by putting a small amount in a cup with warm water and a small amount of sugar. If the yeast is still alive, in a short time bubbles will come to the top of the liquid.

Before dried yeast is put into bread it should be brought to a good growing state by supplying it with moisture and food material. Long process bread, or sponge bread, can well be made with dry yeast. Yeast grows more rapidly in a thin batter than a stiff dough, and for this reason many people make a sponge and use but a small amount of yeast, allowing it to grow and reproduce in the ''sponge''.

Dried yeast is a convenient form as it can be kept in good condition longer than the other forms.

Compressed Yeast.—In the compressed yeast, the plants are washed until free from impurities and then mixed with starch and pressed while moist into cakes. The plants are in a growing state, being provided with both food and moisture, and it is necessary to keep compressed yeast in a cool place to prevent the plant from growing and exhausting the food supply. Usually the cakes can be kept in good condition four or five days. Molds and bacteria, also, may grow in the yeast cake if it is not kept cool, and thus spoil it for bread-making purposes.

A yeast cake in good condition should be of a uniform, creamy color over the surface and throughout the cake, and it should break with a clean break. If it is stringy or ropy, it should not be used. That condition shows that the yeast plants have died out and bacteria are growing there. Spots of mold often appear on the surface of the cake.

Liquid Yeast.—This form of yeast is very widely used and is quite satisfactory if kept pure. In liquid yeast, the moisture keeps the plant in such a condition that it is ready to grow as soon as food material and proper temperature are supplied. By keeping it in liquid form, perhaps in a jar in too warm a place, it is quite apt to have growing in the liquid other organisms which make it unfit for use. Starter bread, or that in which liquid yeast has been used, very often has a sour or bitter taste, due to the presence of other invisible plants. As a safeguard against this, it is advisable to discard the starter frequently and begin again, using a fresh cake of dried or compressed yeast as a source of the plant.

Many methods and recipes are used in making liquid yeast or starter, but in all the principle is the same, that of supplying food and moisture to the plant and keeping conditions such as are unfavorable to the growth of other organisms.

One cup of liquid yeast in a good lively state is equivalent to one cake of compressed or dry yeast.

SALT

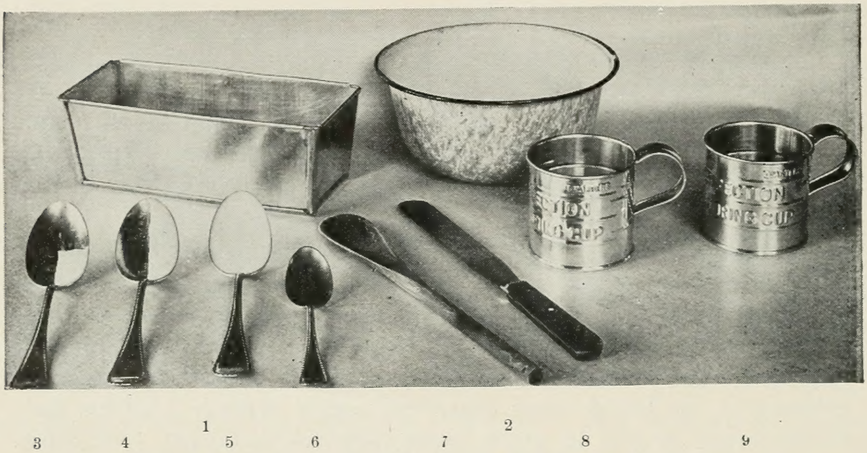
Salt is added to bread to improve the flavor. It is hardly probable that a large enough quantity of salt is added to have antiseptic properties. If enough were added to do this, it certainly would affect the yeast plant also.

SUGAR

Sugar is added to bread for two reasons: First, it hastens the growth of the yeast by being in such condition that the yeast plant can make use of it at once; second, it improves the flavor of the bread. An excess of sugar affects the tenderness of the crust and crumbs and darkens the color of the crust.

SHORTENING

The shortening used may be either butter or lard. Lard is said to produce the whiter loaf, and butter to give the better flavor. However, it is doubtful if the small amount that is ordinarily used would have these results. Shortening tends to make the crumb more tender. Too large an amount of shortening may result in a heavy loaf. Its use is optional; good bread can be made without it.



1. Single loaf pan. 2. Mixing bowl. 3, 4, 5. Measurements—one-quarter, one-half, and tablespoon. 6. Teaspoon. 7. Wooden mixing spoon. 8. Spatula. 9 Graduated measuring cups.

UTENSILS NECESSARY IN BREAD-MAKING

The necessary utensils are not numerous. They may be listed as follows:—kneading board, mixing bowl, measuring cup, tablespoon, teaspoon, spatula, flour sifter, and bread pans.

A kneading board is not really necessary but it is often convenient. Bread may be kneaded in the bowl, if the one kneading it is experienced.

The spatula or palette-knife is quite a useful utensil, having a broad, dull-edged blade made of very flexible steel. It is convenient for stirring as well as cleaning the flour from the sides of the bowl, etc.

Before beginning the process, as many as possible of the utensils should be scalded to make them sterile, and the bread handled in such a way as to expose as little as possible to dust, or other conditions which may bring about poor flavor.

MEASUREMENTS

All measurements are taken level. Spoons and cups are leveled with a spatula. The measuring cup holds one-half pint. To measure one-half a teaspoon or tablespoon, fill the spoon level full and divide lengthwise of the bowl with a spatula or knife. To measure one-fourth a spoonful, divide halves into quarters crosswise of the bowl of the spoon. Flour is sifted before measuring and the cups are filled lightly with spoon or scoop and leveled with a spatula. The amount of flour to be used varies, depending upon the dryness of the flour.

RECIPES AND METHODS

Long Process Bread (Proportion for loaf).

½ cup boiled water.
½ cup scalded milk.
½ tablespoon butter or lard.
1 teaspoon salt.
⅛ to ⅙ cake compressed yeast mixed to a paste in 2 tablespoons lukewarm water.
3 to 4 cups flour.
2 teaspoons sugar.

Method.—To the sugar, salt, and shortening in a bowl, add the hot liquid. Cool to lukewarm and add yeast that has been mixed to a paste. Add about one-half the flour or enough to make a batter that can be beaten. Beat thoroughly to mix ingredients and incorporate air. Cover well, let stand in a warm place till quite light and bubbly. It may be left over night.

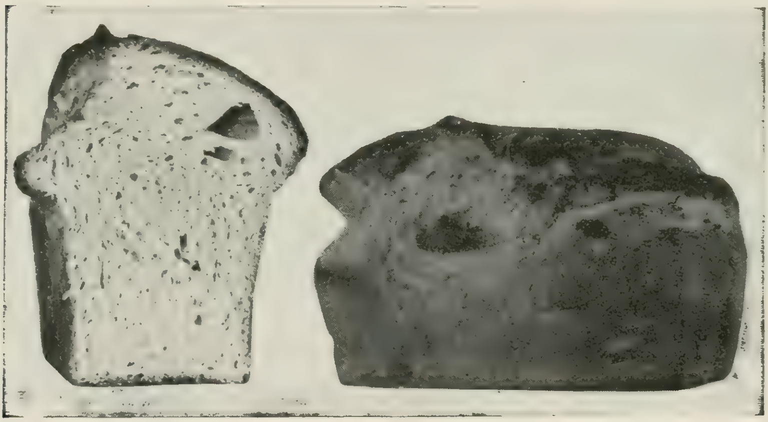
When the batter or sponge is quite light, add remainder of flour, and more if necessary, to make a dough that can be handled. Knead thoroughly until the dough is quite smooth and elastic and bubbles appear beneath the surface. Kneading may be done in the bowl or on a board. With good flour and ordinary handling, the dough should not be sticky. Place in a greased bowl, grease top of dough lightly to keep crust from forming, cover and let rise in a warm place.

When the dough has doubled in bulk, knead down (note the height of dough in bowl when put to rise) and shape into a loaf, put into a greased pan, and let rise again until double in bulk. Bake forty-five minutes to one hour in an oven that will brown white paper in five minutes. The heat should be lowered slightly for the last fifteen minutes. If baked at this temperature, the bread should be an even color and have a crust about one-eighth of an inch thick. Cool in a position allowing free circulation of air.

Short Process Bread (Proportion for loaf)

½ cup scalded milk.
½ cup boiled water.
½ tablespoon lard or butter.
2 teaspoons sugar.
1 teaspoon salt.
½ to 2 cakes compressed yeast.
3 tablespoons lukewarm water.
3 to 4 cups flour.

METHOD.—Mix yeast to a paste with three tablespoons lukewarm water. To the shortening, sugar and salt in a bowl add the scalded milk and hot water. Cool to lukewarm temperature and add yeast. Add flour to make a batter that can be beaten (it usually requires about half the flour). Beat thoroughly to mix ingredients and incorporate air. Add remainder of flour to make a stiff dough that can be kneaded. Knead on a board or in a bowl till the dough is quite smooth and elastic and bubbles appear under the surface. Thorough kneading is necessary to give fine texture to the bread, but too much handling often results in poor flavor. Return bread to the greased bowl, grease on top of bread to prevent crust from forming, and let rise until double in bulk. Shape into loaves, let rise again till double in bulk, and bake forty-five minutes in a five-minute oven (tested to brown white paper in five minutes).



Showing the result of insufficient kneading

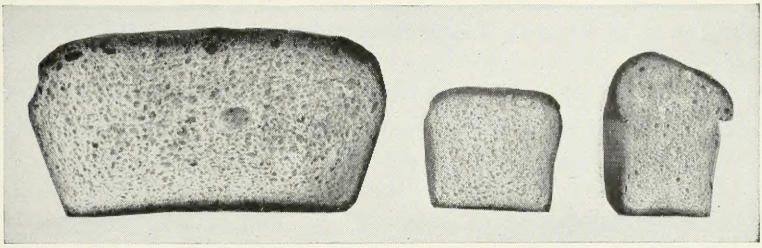
Short process bread usually has a better flavor than that made by the longer method, but ordinarily by the longer method we have finer texture and whiter crumb. Flavor is the most important point to be considered and counts more in bread judging than any other.

When the dough has doubled in bulk, it has risen long enough; much bread is allowed to get too light and as a result has a coarse texture, crumbs badly, and dries out quickly.

Different varieties of flour have different thickening qualities and the proportion given, three cups of flour to one of liquid, is only a guide. Variations must be made according to the flour. Too much flour in proportion to the liquid gives a loaf which dries out quickly, often has a flavor of uncooked starch and is apt to crack badly in the baking.

If the dough has a crust formed over it while rising, which is kneaded in, there will be hard places through the bread. This crust may be avoided by lightly greasing the surface of the dough.

The object in kneading bread is to thoroughly mix it and to distribute the gas evenly, so making a finer texture. Repeated rising of the dough and kneading down before making into a loaf makes a somewhat finer texture and a whiter loaf, but at the expense of the finer flavor of the bread. Very good bread may be made with comparatively little kneading.


1 2 3

Loaves having the size and texture of No. 1. are seen too frequently. The texture of 2 or 3 is more desirable, and loaves of this size are more thoroughly baked.

BAKING

Small loaves can be more thoroughly baked than large ones. Loaves baked in single pans have crust all around, and a well-baked crumb; when several are baked in one pan, the inside loaves are rarely baked thoroughly. The ordinary single pan is about four by four and one-half by nine inches. A loaf of this size is easily baked in forty-five minutes. A larger loaf will require longer baking.

COOLING

Place the loaves in the air to cool. Do not cover with a cloth. Greasing the top of the loaf detracts from the crispness of the crust.

Covering the bread is apt to make it soggy inside. The loaves may be set across the edges of the pan to cool. As soon as the bread is cool, place it in a tight tin box or a jar to keep it from drying out.

If the bread gets stringy in a few days after baking, it is caused by bacterial growth. Flour sometimes contains bacteria which cause such action and which are not killed in the baking. The remedy is to sterilize by the use of boiling water all utensils that have been used in making the bread and to get a new supply of flour. This condition occurs quite frequently in some localities.

The crust should be a rich brown color, of firm but not brittle texture, and at least one-eighth inch thick.

DIGESTIBILITY OF BREAD

The nutrients of white bread are quite completely absorbed. Graham bread and entire wheat bread show a higher proportion of nutrients, by analysis, but are not so completely digested in the body. In the two latter flours, the bran being woody fibre is not digestible, and serves only to distend the digestive tract and to separate the more concentrated foods and allow the digestive juices to do their work more readily.

Graham and whole wheat bread are excellent foods for persons inclined to constipation or sluggish digestion, but are not desirable for persons having weak digestive systems.

Hot breads are about as completely absorbed as stale bread or bread twenty-four hours or more old, but longer time is required for the absorption and hence they are not desirable for children or people with digestive troubles. One point offered in favor of many hot breads is the large amount of crust they usually have. The crust is more digestible than the crumb, the starch having been changed in the baking into a form of sugar-dextrine. Toast is valuable for the same reason.

Bread-making is a very interesting process and the person who goes about it systematically and with the idea of determining the reasons why certain things are done, and the causes of certain results, will be able to find out many interesting as well as valuable points.

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Jago—Bread and Bread-making.

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TABLE OF COMPARISONS

Amounts of protein and energy obtained for 10¢ expended for bread and other foods.

(From U. S. Dept. of Agr. Farmers' Bulletin 487)

FOOD MATERIALS	PRICE	10¢ WILL BUY OUNCES	10¢ WORTH WILL CONTAIN	
			PROTEIN OUNCES	FUEL VALUE OF CALORIES
Wheat Bread	5¢ per ℔.	32	2.9	2400
Cheese	22¢ per ℔.	7.3	1.9	886
Beef Average	20¢ per ℔.	8	1.2	467
Porterhouse Steak	25¢ per ℔.	6.4	1.3	444
Dried Beef	25¢ per ℔.	6.4	.1	315
Eggs	24¢ per ℔.	10	1.3	198
Milk	9¢ per qt.	38.3	1.2	736
Potatoes	60¢ per bu.	160		2950
Apples	1½¢ per ℔.	106.7		1270

JUDGING BREAD

There are so many different ideas with regard to desirable qualities in bread that it has been found helpful to offer some measuring unit by which results can be judged.

The following score card formulated by Miss Isabel Bevier of the University of Illinois is suggested:

General appearance	20
Size (5)	
Shape (5)	
Crust (10)	
Color	
Character	
Depth	
Flavor	35
Odor	
Taste	
Lightness	15
Crumb	30
Character (20)	
Coarse—Fine Tough—Tender Moist—Dry Elastic or not — Texture	
Color (5)	
Grain—distribution of gas (5)	
Total	100

The ideal in flavor is the nutty, sweet flavor of the wheat.

The odor is included because sourness or lack of flavor may often be detected by the sense of smell before it is detected by taste.

The degree of fermentation, the quality and condition of flour and the amount and kind of unessentials added all affect flavor.

Lightness is determined by the relation of weight and volume. Too much fermentation frequently produces over-lightness.

The elements entering into the formation of texture are given in detail to avoid confusion or misunderstanding of the term.

QUESTIONS

1. Do you use winter or spring wheat flour?
2. How much bread do you obtain from 1 pound of the flour you use?
3. Calculate cost of baker's bread per pound used in the community.
4. Calculate the cost of home-made bread.
5. Judge both samples by score card.
6. When is it desirable to use sponge in baking bread?
7. Why is the flour from wheat more widely used for bread than that of any other cereal?
8. What is the nature of the yeast plant? What part of the flour furnishes food material for the yeast plant?
9. What substances are given off in the growth of yeast? Of what value are they in bread-making?
10. At what temperature should bread be kept during the rising?
11. What are the results from too high or too low temperatures?
12. What are the causes of poor flavor in bread?
13. How secure bread of fine grain and texture?
14. Give reasons for kneading bread.
15. How long should bread be allowed to rise? How long should ordinary-sized loaves be baked, and at what temperature? How care for bread after taking it from the oven?

Class in Home Economics, Liberty Township High School, Union County.